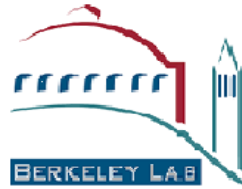




Ergo injuries are PREVENTABLE if DISCOMFORT is reported early!



Signs of common musculoskeletal discomfort include:

- Soreness
- Pain
- Numbness
- Cramping
- Tingling
- Burning
- Swelling
- Strength Loss
- Skin color change
- Stiffness, loss of flexibility
- Vision discomfort

When you begin to experience musculoskeletal discomfort:

- Notify your supervisor and safety coordinator.
- Request an ergonomic evaluation.
- Seek medical assistance from Health Services.

For additional information contact Ira Janowitz, EH&S Division (x7170).